

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

An investigation of the effects of frequent meal on weight, lipid profile, leptin and adiponectin in overweight people

Protocol summary

Summary

Current study investigates the effect of consumption of 6 meals per day in comparison to regular diet in people with overweight. The patients should be BMI > 25 and not being case of kidney, liver and cardiovascular diseases. The individuals in case group consume their diets in 6 isocaloric meals per day. After 3 month, case group serum will compare with control group for the following factors: weight, TG, total cholesterol, LDL, HDL, leptin and adiponectin.

General information

Acronym

body mass index

IRCT registration information

IRCT registration number: **IRCT2012102911307N1**

Registration date: **2012-12-11, 1391/09/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-12-11, 1391/09/21

Registrant information

Name

Zeynab Hatami Zargaran

Name of organization / entity

Health and Nutrition School, Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1002

Email address

hatamiz@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-Chancellery of Research and Technology, Shiraz University of Medical Sciences

Expected recruitment start date

2012-09-05, 1391/06/15

Expected recruitment end date

2012-09-22, 1391/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

An investigation of the effects of frequent meal on weight, lipid profile, leptin and adiponectin in overweight people

Public title

Effect of meal frequency (6 equal meals) on weight and blood lipid in overweight people

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: BMI > 25 and age between 20 to 65 years. Exclusion criteria: no history of chronic diseases (cancer, kidney disease, liver disease and heart failure); No being under special circumstances such as pregnancy; do not have night shift work and not taking weight reduction medications.

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 96

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz university of medical sciences

Street address

zand street

City

shiraz

Postal code**Approval date**

2012-08-16, 1391/05/26

Ethics committee reference number

CT-916203

Health conditions studied**1****Description of health condition studied**

overweight people

ICD-10 code

E-66

ICD-10 code description

obesity

Primary outcomes**1****Description**

weight

Timepoint

before the intervention, 3 month after the intervention

Method of measurement

seca scale

2**Description**

lipid profile

Timepoint

before the intervention, 3 month after the intervention

Method of measurement

biosystem autoanalyzer bt1500

3**Description**

leptin

Timepoint

before the intervention, 3 month after the intervention

Method of measurement

ELISA

4**Description**

adiponectin

Timepoint

before the intervention, 3 month after the intervention

Method of measurement

ELISA

Secondary outcomes

empty

Intervention groups**1****Description**

A diet with 6 isocaloric meal was designed for the intervention group. 500 kcal is subtracted from energy requirement for weight maintenance

Category

Lifestyle

2**Description**

control group: 500 kcal is subtracted from energy requirement for weight maintenance.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Leadership Institute of Medical Sciences, Shiraz

Full name of responsible person

fateme hatami

Street address

mollasadra street, lane 29, Academy of Medical Sciences

City

shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellery of Research and Technology, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mohammad Ali Sahmoddini

Street address

Vice-Chancellery of Research and Technology, store 7th, Shiraz University of Medical Science Central Building, beside Helale-Ahmar, Zand Street

City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice-Chancellery of Research and Technology, Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries

Contact**Name of organization / entity**

Health and Nutrition School, Shiraz University of Medical Sciences

Full name of responsible person

Mousa Salehi

Position

Associate Professor of Nutrition

Other areas of specialty/work**Street address**

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty